

What is claimed is:

1. A soft gelatin capsule comprising:  
Vitamin E as d- $\alpha$ -tocopherol;  
Vitamin E as dl- $\alpha$ -tocopheryl;  
Vitamin E mixed tocopherols; and  
tocotrienols in the forms comprising inseparable tocopherols.
2. The soft gelatin capsule of claim 1 wherein said tocotrienols are in the forms  $\alpha$ ,  $\gamma$ ,  $\beta$ , and  $\delta$ , and said inseparable tocopherols are in the forms of  $\alpha$ ,  $\gamma$ ,  $\beta$ , and  $\delta$ , said tocotrienols and said tocopherols being from rice, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.
3. The soft gelatin capsule of claim 1 wherein said tocotrienols are in the forms  $\alpha$ ,  $\gamma$ ,  $\beta$ , and  $\delta$ , and said inseparable tocopherols are in the forms of  $\alpha$ ,  $\gamma$ ,  $\beta$ , and  $\delta$ , said tocotrienols and said tocopherols being from palm, whereby said formulation is beneficial for antioxidant protection of cells in the human body containing a lipid layer membrane.
4. The soft gelatin capsule of claim 1 wherein said Vitamin E mixed tocopherols are in the forms  $\alpha$ ,  $\gamma$ ,  $\beta$ , and  $\delta$  and are a blend of synthetic and natural sources of Vitamin E.
5. The soft gelatin capsule of claim 1 wherein said Vitamin E dl- $\alpha$ -tocopheryl is present at about 90 weight % of said active ingredients.

6. The soft gelatin capsule of claim 1 wherein said Vitamin E mixed tocopherols are present at about 5 weight % of said active ingredients.

7. The soft gelatin capsule of claim 1 wherein said tocotrienols from natural sources are present at about 5 weight % of said active ingredients.

8. A soft gelatin capsule comprising a 400 IU once daily dose comprised of:

Vitamin E selected from at least one of the ester group consisting of:

dl-  $\alpha$ -tocopheryl acetate; and

dl-  $\alpha$ -tocopheryl succinate;

Vitamin E as d- $\alpha$ -tocopherol;

Vitamin E mixed tocopherols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$ ;

tocotrienols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$ .

9. The soft gelatin capsule of claim 8 wherein said Vitamin E as dl- $\alpha$ -tocopheryl ester, said Vitamin E as d- $\alpha$ -tocopherol, and said Vitamin E mixed tocopherols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$  is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

10. The soft gelatin capsule of claim 8 wherein said Vitamin E as dl- $\alpha$ -tocopheryl ester is present at from 5 mg to 400 mg.

11. The soft gelatin capsule of claim 8 wherein said Vitamin E as d- $\alpha$ -tocopherol is present at from 5 mg to 400 mg.

12. The soft gelatin capsule of claim 8 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 200 mg.

13. The soft gelatin capsule of claim 8 wherein said Vitamin E as mixed tocotrienols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$  is present at from 5 mg to 50 mg with variable composition of isomers:

$\alpha$  tocotrienol at 1 to 30%;

$\beta$  tocotrienol at 0.1 to 30%;

$\gamma$  tocotrienol at 1 to 30%; and

$\delta$  tocotrienol at 0.1 to 30%.

14. The soft gelatin capsule of claim 13 comprising: inseparable variable content of carotenoids comprising:

alpha carotene;

beta carotene;

gamma carotene;

lycopene; and

phytosterols and squalene.

15. The soft gelatin capsule of claim 8 comprising:

a marker selected from at least one of the group consisting of:

coenzyme Q10;

rosemary oil;

green tea;

$\alpha$  lipoic acid;

lycopene;

grape seed extract;

pine bark extract;

vitamin C;

natural beta carotene;

synthetic beta carotene;

$\gamma$ -oryzanol;

selenium; and

lutein.

16. A soft gelatin capsule comprising:

Vitamin E selected from at least one of the ester group consisting of:

dl- $\alpha$ -tocopheryl acetate; and

dl- $\alpha$ -tocopheryl succinate;

Vitamin E as d- $\alpha$ -tocopherol;

Vitamin E mixed tocopherols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$ ; and tocotrienols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$ .

17. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- $\alpha$ -tocopheryl ester, said Vitamin E as d- $\alpha$ -tocopherol, and said Vitamin E mixed tocopherols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$  is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

18. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- $\alpha$ -tocopheryl ester is present at from 5 mg to 2000 mg.

19. The soft gelatin capsule of claim 16 wherein said Vitamin E as d- $\alpha$ -tocopherol is present at from 5 mg to 2000 mg.

20. The soft gelatin capsule of claim 16 wherein said Vitamin E as mixed tocopherols is present at from 5 mg to 2000 mg.

21. The soft gelatin capsule of claim 16 wherein said Vitamin E as mixed tocotrienols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$  is present at from 5 mg to 500 mg with variable composition of isomers:

$\alpha$  tocotrienol at 1 to 30%;

$\beta$  tocotrienol at 0.1 to 30%;

$\gamma$  tocotrienol at 1 to 30%; and

$\delta$  tocotrienol at 0.1 to 30%.

22. The soft gelatin capsule of claim 16 wherein said Vitamin E as dl- $\alpha$ -tocopheryl ester, said Vitamin E as d- $\alpha$ -tocopherol, and said Vitamin E mixed tocopherols in the forms  $\alpha$ ,  $\beta$ ,  $\gamma$ , and  $\delta$  is a blend of synthetic and natural sources of Vitamin E, and said tocotrienols are from a natural source.

23. The soft gelatin capsule of claim 16 wherein said formulation is formed in a soft gel capsule further comprising :

gelatin;

glycerin; and

water for said soft gelatin formulation.

24. The soft gelatin capsule of claim 16 comprising: a marker selected from at least one of the group consisting of:

coenzyme Q10;

rosemary oil;

green tea;

$\alpha$  lipoic acid;

lycopene;

grape seed extract;

pine bark extract;

vitamin C;

natural beta carotene;

synthetic beta carotene;

$\gamma$ -oryzanol;  
selenium; and  
lutein.

- 25 A formulation for Vitamin E doses with increased antioxidant capacity including:  
Vitamin E as d- $\alpha$ -tocopherol;  
Vitamin E as dl- $\alpha$ -tocopheryl;  
Vitamin E mixed tocopherols; and  
tocotrienols in the forms comprising inseparable tocopherols.